

MENU



Actif | Active
S I R G Â R | C A R M A R T H E N S H I R E





Most of our food is made on the premises and we strive to use locally-sourced ingredients whenever possible.

Food allergies and intolerances

Please speak to a member of staff about the ingredients in our meals.

Last orders Monday—Friday 3.30pm

Saturday—3.00pm

Breakfast last orders at 12 noon

Full breakfast - two rashers of bacon, two sausages, sautéed potatoes, baked beans, tomato, mushrooms, fried egg and bread or toast with butter £6.25

Veggie breakfast - two vegetarian sausages, sautéed potatoes, baked beans, tomato, mushrooms, fried egg and bread or toast with butter £6.00

Breakfast butty - either two rashers of bacon or two pork or vegetarian sausages on brown or white bread £4.00

Breakfast extras- choose from :

rasher of bacon, pork sausage, vegetarian sausage, sautéed potatoes
- items 75p each

baked beans, tomato, mushrooms, fried egg, slice of bread/toast
- items 50p each

Toast - two slices of brown or white toast served with butter £1.60
with jam, marmalade, honey or marmite £2.00

Something savoury

Please see our specials board for daily options

Soup of the day— homemade vegetarian soup served with a slice of brown or white bread, butter and grated cheese £4.85

Sandwich— brown or white bread with a filling of your choice, served with homemade coleslaw and crisps £4.95

Toasted sandwich— toasted brown or white bread with a filling of your choice, served with a salad garnish, dressing and homemade coleslaw £5.25

Wrap— wrap filled with salad and your choice of filling, served with a salad garnish, dressing and homemade coleslaw £5.00

Jacket potato- baked potato served with a filling of your choice, a side salad, dressing and homemade coleslaw £5.75

Filling of your choice— with side salad, dressing and homemade coleslaw £4.00

Choice of fillings:

- *grated cheese * ham * chutney * onion * tomato
- *tuna mayonnaise * Coronation chicken * egg mayonnaise
- * baked beans * bacon * pork sausage * vegetarian sausage

Extras: Add a topping:

grated cheese, baked beans, onion or tomato—only 50p more!

Toast and pate – two slices of brown or white toast, served with pate, butter and chutney £5.25

Cheese on toast— mature Cheddar cheese melted over two slices of toasted brown or white bread, served with chutney £2.75

Quiche— home baked quiche of the day, served with a side salad, dressing and homemade coleslaw £6.75

Bangers and mash— three pork or vegetarian sausages served with mashed potato, peas and onion gravy £6.50

Ham, egg and chips— two slices of ham served with a fried egg and chips £6.50

Scampi and chips— six scampi pieces with tartare sauce, chips and side salad / peas £7.50

Choice of sides:

*side salad and dressing £1.75 * homemade coleslaw £1.25

*baked beans 50p *peas 75p *3 slices of garlic bread £1.50

*two slices of bread and butter £1.50 * chips £1.50

* crisps 70p *Pom bear crisps 70p



Please ask for a children's menu

Cakes see display for daily cake specials

Homemade Welsh cakes— two Welsh cakes served warm sprinkled
with sugar £1.50

Homemade Bara brith— traditional Welsh fruit bread served with
butter £1.80

Teacake— toasted teacake served warm with butter £1.80

Victoria sponge— homemade Victoria sponge filled with buttercream
and strawberry jam £2.00

Drinks

Hot drinks— Americano £1.95 Espresso £1.80

Cappuccino £2.35 Latte £2.35 Flat white £2.35

Pot of tea £1.60 Speciality / herbal tea £1.95

Hot chocolate £2.50 Deluxe hot chocolate with cream &
marshmallows £2.95

* flavoured syrup + 65p

* extra coffee shot + 50p

Cold drinks- Apple / Orange juice 95p Glass of milk £1.00

Canned drink £1.00

Fentimans bottled drink £2.95

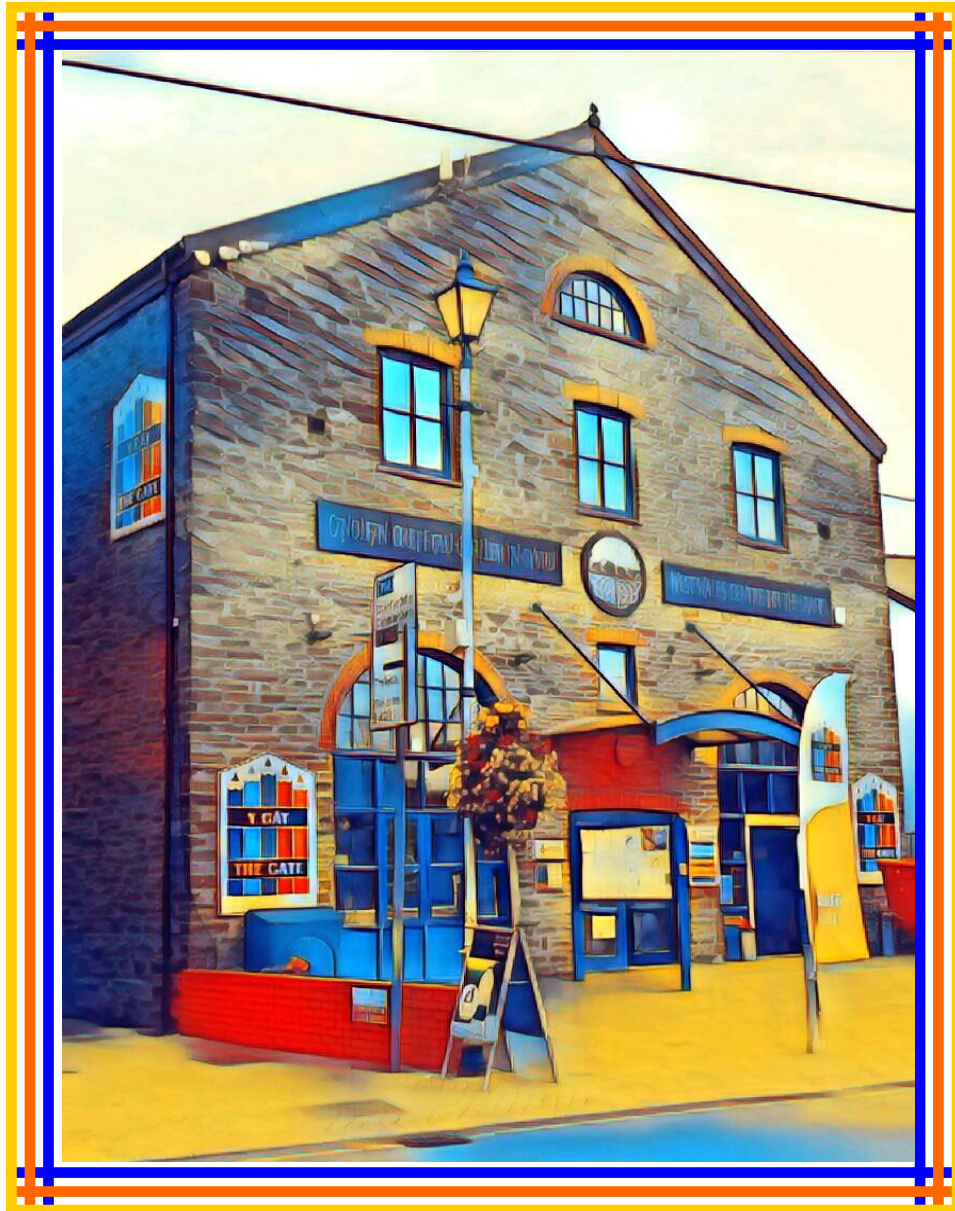
Mineral water £1.00

Milkshake £1.50

Fruit water £1.00

* add squirty cream + 50p

BWYDLEN



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S I R G A R | C A R M A R T H E N S H I R E





Caiff y rhan fwyaf o'n bwyd ei wneud ar y safle ac rydym yn gwneud ein gorau i ddefnyddio cynhwysion lleol ble bynnag y bo modd.

Alergeddau ac anoddefiadau bwyd

Siaradwch ag aelod o'r staff am gynhwysion ein prydau.

Archebion olaf Dydd Llun - Dydd Gwener 3.30pm

Dydd Sadwrn 3.00pm

Brecwast archebion olaf am 12 canol dydd

Brecwast llawn - dwy sleisen o facwn, dwy selsigen, tato wedi'u ffrio'n ysgafn, ffa pob, tomato, madarch, wy wedi'i ffrio a bara neu dost â menyn £6.25

Brecwast llysieuol - dwy selsigen lysieuol, tato wedi'u ffrio'n ysgafn, ffa pob, tomato, madarch, wy wedi'i ffrio a bara neu dost â menyn £6.00

Rhôl frecwast - naill ai dwy sleisen o facwn neu ddwy selsigen borc neu lysieuol ar fara brown neu wyn £4.00

Eitemau brecwast ychwanegol - dewiswch o blith y canlynol:

sleisen o facwn, selsigen borc, selsigen lysieuol, tato wedi'u ffrio'n

ysgafn - eitemau 75c yr un

ffa pob, tomato, madarch, wy wedi'i ffrio, tafell o fara/tost

- eitemau 50c yr un

-

Tost - dwy dafell o dost brown neu wyn wedi'u gweini â menyn £1.60

gyda jam, marmalêd, mêl neu marmite £2.00

Rhywbeth sawrus

Gweler ein bwrdd am brydau arbennig y dydd

Cawl y dydd - cawl llysieuol cartref wedi'i weini â thafell o fara, menynd
a chaws wedi'i gratio £4.85

Brechdan - bara brown neu wyn gyda llenwad o'ch dewis, wedi'i weini
â cholslo cartref a chreision £4.95

Brechdan wedi'i thostio - bara brown neu wyn wedi'i dostio gyda
llenwad o'ch dewis, wedi'i weini â garnais salad, dresin a cholslo
cartref £5.25

Lapiad - lapiad gwenith cyflawn wedi'i lenwi â llenwad o'ch dewis,
wedi'i weini â garnais salad, dresin a cholslo cartref £5.00

Taten bob - taten bob wedi'i gweini â llenwad o'ch dewis,
salad bach, dresin a cholslo cartref £5.75

Llenwad o'ch dewis – gyda salad bach, dresin a cholslo cartref £4.00

Dewis o lenwadau:

*caws wedi'i gratio * ham * siytni * winwns * tomato
*tiwna a mayonnaise * cyw iâr y coroni * wy a mayonnaise
*ffa pob * bacwn * selsigen borc * selsigen lysieuol

Eitemau ychwanegol: Gallwch ychwanegu'r canlynol:

caws wedi'i gratio, ffa pob, winwns neu domato - am 50c yn unig!

Tost a phate – dwy dafell o dost brown neu wyn, wedi'u gweini
â phate, menyng a siytni £5.25

Caws ar dost - caws Cheddar aeddfed wedi'i doddi dros dwy dafell o
fara brown neu wyn wedi'i thostio, gyda siytni £2.75

Quiche - quiche cartref y dydd, wedi'i weini â salad bach, dresin a
cholslo cartref £6.75

Selsig a thato potsh – tair selsigen borc neu lysieuol wedi'u gweini â
thato potsh a greffi winwns £6.50

Ham, wy a sglodion - dwy sleisen o ham wedi'u gweini ag wy wedi'i
ffrio a sglodion £6.50

Sgampi a sglodion - chwe darn o sgampi gyda saws Tartar, sglodion a
salad bach / pys £7.50

Dewis o eitemau i'w cael ar yr ochr:

*salad bach a dresin £1.75 * colslo cartref £1.25

* ffa pob 50c *pys 75c *tair tafell o fara garlleg £1.50

* dwy dafell o fara menyng £1.50 * sglodion £1.50 * creision 70c

* creision Pom Bear 70c



Gofynnwch am fwydlen i blant



Cacennau Gweler y bwrdd am gacennau arbennig y dydd

Pice ar y maen cartref - dwy bicen ar y maen wedi'u gweini'n gynnes
ag ysgeintiad o siwgr £1.50

Bara Brith Cartref - torth ffrwythau draddodiadol Gymreig wedi'i
gweini â menyn £1.80

Cacen de - cacen de wedi'i thostio a'i gweini'n gynnes â menyn £1.80

Sbwng Fictoria - sbwng Fictoria cartref wedi'i lenwi â hufen menyn a
jam mefus £2.00

Diodydd

Diodydd twym - Americano £1.95 Espresso £1.80

Cappuccino £2.35 Latte £2.35 Coffi Gwyn Melfed £2.35

Tebotaid o de £1.60 Te arbennig / perlysiâu £1.95

Siocled poeth £2.50 Siocled poeth moethus gyda hufen a
malws melys £2.95

* syrpp â blas + 65c

* siot ychwanegol o goffi + 50c

Diodydd oer - Sudd Afal / Oren 95c Gwydraid o Laeth £1.00

Caniau diod £1.00

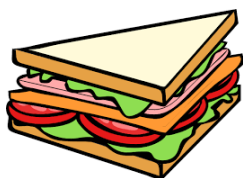
Diod potel Fentimans £2.95

Dŵr mwynol £1.00

Ysgytlaeth £1.50

Dŵr ffrwythua £1.00

* ychwanegu chwistrelliad o hufen + 50c



Children's menu

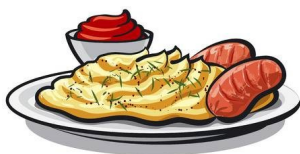
Sandwich— brown or white bread with a filling of your choice, served with Pom Bear crisps £3.50

Wrap— wrap with a filling of your choice, served with Pom Bear crisps £3.50



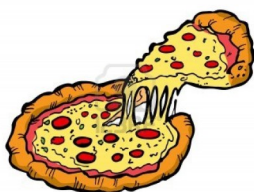
Choice of fillings:

*grated cheese *tuna mayonnaise * ham
*tomato *onion * salad * egg mayonnaise



Bangers and mash— two pork or vegetarian sausages served with mashed potato and baked beans
£4.00

Fish fingers and mash— two fish fingers served with mashed potato and baked beans / peas £4.00



Pizza— baked cheese and tomato pizza £3.00

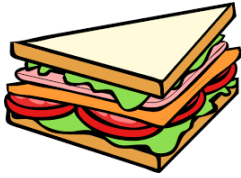
Cold drinks- Apple / Orange juice 95p



Glass of milk £1.00 Canned drink £1.00

Mineral water £1.00 Fruit water £1.00

Milkshake £1.50 * add squirty cream + 50p



Bwydlen i blant

Brechdan - bara brown neu wyn gyda llenwad o'ch dewis, wedi'i weini â chreision Pom Bear £3.50

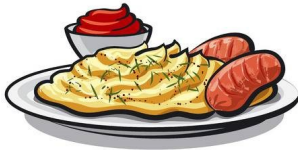
Lapiad - lapiad gwenith cyflawn gyda llenwad o'ch dewis, wedi'i weini â chreision Pom Bear £3.50



Dewis o lenwadau:

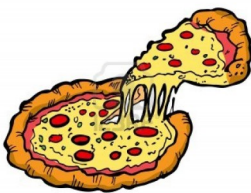
*caws wedi'i gratio *tiwna a mayonnaise * ham
*tomato * winwns * salad * wy a mayonnaise

Selsig a thato potsh - dwy selsigen borc neu lysieuol wedi'u gweini â thato potsh a ffa pob £4.00



Bysedd pysgod a thato potsh - dau bys pysgod wedi'u gweini â thato potsh a ffa pob / pys £4.00

Pizza - pizza caws a thomato £3.00



Diodydd oer - Sudd Afal / Oren 95c

Gwydraid o laeth £1.00 Caniau diod £1.00

Dŵr mwynol £1.00

Dŵr ffrwythua £1.00

Ysgytlaeth £1.50

* ychwanegu chwistrelliad o hufen + 50c

